

A Health and Fitness Super Bowl Challenge for Grades 5–6 Arizona Classrooms

Generously sponsored by



Announcing the **NFL Play 60—Arizona Super Bowl Statewide Contest**

Dear Teacher:

Welcome to **NFL Play 60—Arizona**, a new program developed by the National Football League for Arizona 5th- and 6th-grade classrooms to raise awareness about the importance of health and fitness for school-age children.

The program features the **NFL Play 60—Arizona Super Bowl Statewide Contest**. In this contest, you and other Arizona teachers across the state have the opportunity to submit a plan for how your classrooms will get “60 minutes of exercise a day for 60 days”—with a chance to win great prizes:

For schools within 60 miles of the University of Phoenix Stadium:

- Eligible for a chance to attend Kid’s Day at the Super Bowl NFL Experience—an exclusive games and entertainment celebration, that is part of Super Bowl XLII festivities. Six classrooms will be named winners.
- Selected “First Place Winner” will also receive an NFL player visit during the week leading up to Super Bowl XLII.

For schools outside of the 60-mile radius of the University of Phoenix Stadium:

- Eligible to win a \$2,500 grant donation from NFL Charities. The grant must be used to purchase new athletic equipment or put toward in-school or after-school health and fitness programming. Five classrooms will be named winners.

Entries will be judged by a blue-ribbon panel, including NFL star athletes. See the other side of this page for contest details and entry forms.

Beginning this season, **NFL Play 60** is being rolled out as a League-wide youth health and fitness initiative to promote and support the NFL’s multiple in-school, after-school, and team-based programs that encourage youth participation in physical activity and youth football.

In addition, the NFL has enclosed a new Super Bowl poster as part of its “What Moves U” program. This program is a core component of the **NFL Play 60** campaign and features an in-school curriculum for middle school youth that teaches them how they can incorporate physical activity into the classroom and the school day.

We hope you find these **NFL Play 60** “activity” materials helpful!

Sincerely,

National Football League
Arizona Department of Education



Arizona Department of Education
Tom Horne, Superintendent of
Public Instruction





Arizona Super Bowl Statewide Contest

Enter below to submit your plan on how your classroom will
“get 60 minutes of exercise a day for 60 days.”

Prizes include:

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OFFICIAL ENTRY FORM (must be included with each submission) • For questions, please e-mail: NFLplay60@nfl.net

All entries must be postmarked by December 21, 2007

Teacher Name: _____ Teacher Signature: _____

School Name: _____ Phone: _____ E-mail: _____

School Address/City, State, ZIP: _____ Grade Taught: _____ No. of students in classroom: _____

Does your class have regular P.E.? _____ If yes, how often?: _____

YOUR CLASSROOM PLAN

1) Describe Your Goals: On the lines below, please describe the goals your classroom is going to set before beginning this challenge. (Example of a goal: “Adopting healthy classroom habits that can help develop confidence and skills.”) Use additional paper as needed.

2) Provide an Overview Supported with Examples: On a separate sheet of paper, provide an overview, supported with examples, of a 60-day plan to incorporate physical activity into your classroom. This overview should:

- Account for 60 minutes of physical activity/exercise for each of the 60 days: 30 minutes of in-school and 30 minutes of out-of-school.
- Demonstrate a minimum of 10 different physical activity examples/themes over the course of the 60 days.

Activities can repeat during the course of the 60 days, but should show at least 10 different activity/themes. A chart is one option you could choose to illustrate your overview supported with examples. For example, you might create something along the following lines:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1:					
In-class activities:	<ul style="list-style-type: none"> • Jumping to Learn: 5 minutes of jumping activities every class period (5 minutes for 5 class periods) • Walked longer hallway route to lunch (5 minutes) 				
Out-of-class activities:	<ul style="list-style-type: none"> • After-school physical activity program (30 minutes) 				
▼					
Week 12:					

3) Supporting materials (optional): Photographs, artwork, and video are allowed to support submissions, but not required. Supporting materials must be mailed to NFL Offices (see address below).

4) Mail completed entry forms and overviews, together with any supporting materials, to:

NFL Play 60—Arizona Contest Attn: Jessica Sultzer
280 Park Avenue, 16E
New York, NY 10017

Entries may also be faxed to 212-847-1896, or scanned and e-mailed to NFLPlay60@nfl.net.

5) Please e-mail any questions to: NFLPlay60@nfl.net

RULES: NO PURCHASE NECESSARY. See official rules available at www.NFLRUSH.com. Open to teachers of students in the fifth and sixth grades during the 2007–2008 school year, and who are legal residents of the State of Arizona at time of entry. One entry per classroom. Only official entry forms will be accepted. Void where prohibited or restricted by law. **Deadline for entries: 11:59 p.m. December 21, 2007.**

SELECTION OF WINNERS: All decisions of the Judges will be made in their discretion and are final. The Judges will evaluate each entry based on the following: (i) practicality; (ii) inclusion of 30 minutes in-school and 30 minutes out-of-school exercise; (iii) feasibility; and (iv) creativity. Each criterion will account for 25% of the final decision.